

WOMEN/PARENTS & CHILDREN

To apply for SNAP benefits (food stamps) call 405-487-5483.

A Brighter Day	Call/text 405-968-3343	800 W Rock Creek Rd #115	Free diapers/wipes and baby supplies for 0-36 months each week. Must register.
Abbott Children's House abbott-house.org	405-579-5800	231 E Symmes	Offers coordinated investigation and intervention services to child abuse victims.
Alameda Church of Christ	405-321-0788	801 E Alameda	Baby pantry on Wed 10a-12p, 4 th Thurs 5-6:30p, 2 nd Sat 9-11a. Photo ID, Cleveland/McClain County residents.
Baby Steps	405-360-2717	941 Nebraska	Provides childcare, counseling/parent classes for teen parents at NPS.
The Beacon Project (formerly Pantry Partners) thebeaconproject.org	405-217-2077	513/517 W Gray	Serving teens (14-19) in the Norman area with resources beyond just food. Email: info@thebeaconproject.org .
Bethesda bethesdaok.org	405-364-0333	1181 E Main	M-Th 8a-6p, F 8a-12p. Psychotherapeutic counseling/treatment for sexually abused children ages 3-18.
Big Brothers Big Sisters bigoklahoma.org	405-364-3722	502 E Main	M-F 8:30a-5p. Children ages 6-15 matched with mentor.
Bridges	405-579-9280	1670 Stubbeman	Provides qualifying H.S. students with access to housing/basic services so they can graduate.
CASA (Court Appointed Special Advocates for Children) southcentralcasa.org	405-360-5295	2241 W Lindsey	Court-appointed advocates for abused/neglected children in court system. Must be in DHS custody.
Catholic Charities Sanctuary Women's Development Center (day shelter for women and children)	405-701-8293	425 E Tonhawa	Day shelter M-F 8:30a-4p. Homeless/low-income resources: Showers, laundry, computers, child play area, food pantry, hygiene items, case mgt, rent/util deposits.
Center for Children & Families (CCFI) Baby Pantry ccfinorman.org/baby-pantry	405-364-1420	210 S Cockrel	Parent/child resources; baby pantry/menstrual care; teen/new parent classes; divorcing/co-parent services; counseling. M-F 8a-5p. Limit every 2 weeks for baby pantry and care items.
Center for Children & Families (CCFI) Boys and Girls Club ccfinorman.org/boysandgirlsclubofnorman	405-364-1420		After school/enrichment for NPS students ages 6 and up. M-F 3-7p (8a-5p for the summer month programs).
Children's Recovery Center	405-573-3842 (Admissions)	320 12 th Ave NE	Inpatient psychiatric care for ages 12-17 with mental health issues.

Cleveland County Health Department	405-321-4048 250 12 th Ave NE		
Clinic M-Th 8a-4p, F 8-11a:	By appt: STD, family planning, WIC, COVID testing, car seat, child health, immunization, head lice.		
Children First:	Parenting skills/education for low-income first-time moms, must contact before 29 weeks pregnant.		
SoonerStart (birth-3):	Early intervention for developmental delays.		
Child Guidance Program (birth-12):	Behavioral health, child development, hearing, speech-language pathology (screenings/treatments).		
Crossroads Youth & Family Services			
Head Start Program:	405-292-6440	1333 W Main	Early childhood (ages 3-5) care and development, health screenings, parent resources, assistance with unique needs of families, mental health resources.
Youth Shelter/Counseling:	405-321-0240	1650 Tecumseh, Suite 500	Youth/family counseling. At-risk under-19 counseling and emergency youth shelter.
Early Birds sunbeamfamilyservices.org/earlybirds/			Free program to help caregivers of ages 0-5 or pregnant moms learn about child development/school readiness.
Family Expectations familyexpectations.com	405-639-2054		Free program to help parents prepare for new baby/strengthen relationship between partners.
Food and Shelter	405-360-4954	201 Reed Ave	Baby food/formula and diapers as available.
Infant Crisis Center of OKC infantcrisis.org/get-help/babymobile/	405-528-3663	4224 N Lincoln Blvd (OKC)	BabyMobile is a mobile formula, food, and diaper pantry for children from birth to 3 yrs. See website for info and schedule.
Kaleidoscope Grief Support kaleidoscopegriefsupport.com	405-306-0052		Free support for children (ages 3-18) and families grieving the death of a loved one. Call for info.
Loveworks Afterschool Leadership Program loveworksleadership.org	405-566-0316	2002 E Robinson	Free afterschool opportunities/events for middle schoolers to develop leadership/social/life skills/character.
OKDHSLive! okdhslive.org	405-522-5050	303 E Comanche	DHS Adult and Family Services to check eligibility and apply for benefits. Apply online, in person or over the phone. M-F 8a-5p. EBT cards are available at this location from 8:30a-4:30p.
Oklahoma ABLE Tech okabletech.org			Partners with SoonerStart to provide Assistive Technology (AT) to infants/toddlers with disabilities.
Open Heart Resource Room <i>Email: openheartresourceroom@gmail.com</i>	405-887-1787		Delivers items to children in out-of-home care. Referral from agency/minister or DHS required.
Operation School Bell	Contact school counselor.		Provides new clothes/shoes/school supplies for students K-12 in NPS & Little Axe Schools.
TRUE Dads truedads.com	405-418-3888	3 East Main (OKC)	For dad/co-parents to learn how to work better together, build relationships, and find a better job.
Variety Care	405-632-6688	1237 Alameda	Care for uninsured children under 18 and insured women 18 and above.

WIC (Women/Infants/Children)	405-321-4048	250 12 th Ave NE	Nutrition education and supplemental food program for pregnant and postpartum women, infants, and children up to 5 yrs. Health assessments by appt.
Willow Pregnancy Support	405-631-4477	4701 S Western, OKC	Free pregnancy test/ultrasound/OB, prenatal care, pregnancy housing/shelter.
Women's Resource Center wrcnormanok.org	24/7 Domestic Violence Crisis Line: 405-701-5540 24/7 Sexual Violence Crisis Line: 405-701-5660		Domestic/sexual violence crisis help/shelter, counseling, legal assistance, children's programs. 222 E Eufaula St, Suite 125 Community Services: 405-310-3131

SENIORS & VETERANS

Aging Services agingservicesok.org	405-321-3200	1179 E Main	60+ utilities assistance, case mgt, meal delivery, food pantry, Caregiver Respite Program; Grandparents Raising Grandchildren, housecleaning, eyeglasses/exams, vouchers, transportation medical supply lending (wheelchairs, walkers, shower chairs, canes, pull-ups). See also prepared meals section.
Alzheimer's Support Group	405-321-3484 Ext 115	419 University	Luncheon (\$7) 3rd Wed in Rm 209 McFarlin Mem UMC. Call to RSVP 1 week in advance.
Caring Assistance Line okcares.org	800-211-2116		Statewide assistance line for aging/disability resources (caregiver, in-home assistance, legal, medical info).
Cleveland County Veterans Service Coordinator	Office 405-366-0673 Cell 405-593-5365	210 S James Garner	Provides avenues to claim benefits from county, state and federal agencies.
Dale K Graham Veterans Foundation dkgvf.org	405-550-8806	1233 W Lindsey	Accredited foundation serving veterans & families in the VA claims process (VA claims assistance, food, transportation). Call for details.
Envision Success for Veterans envisionsuccessok.org	405-701-2015	315 W Main	Accredited veteran service officers assist veterans/families with resources, claims/benefits at no cost.
Force 50 Foundation (Veterans) force50foundation.com			Providing grant funding to partner veteran organizations and emergency aid to veterans in crisis.
Full Circle Daycare fullcircleok.org	405-447-2955	4223 28 th Ave NW	Adult Day Services M-F 7:30a-5:30p. Caregiver Support 1 st Tues in Community Services Building, 1st floor.
Grandparent Toolkit oklahoma.gov/health/grandparenttoolkit			Find resources on nutrition, mental health, infant health/safety, respite care, discipline.

The Hugs Project thehugsproject.com	405-651-8359		Funding care for returning troops, veterans, and first responders...because every American who defends freedom deserves the thanks of our grateful nation.
Meals on Wheels	405-321-7272		Delivered meals for 62+, ill & disabled (& pets). Call for details. Payment on sliding fee scale.
Oklahoma ABLE Tech okabletech.org	800-257-1705		Helps seniors with disabilities acquire necessary medical equipment and assistive technology (AT).
Oklahoma Veterans United http://www.okvetunited.org	405-724-3360		Statewide housing assistance for eligible veterans.
Veteran's Corner (in Newcastle)	405-387-5070	3805 SE 44 th	Open T/Th 8a-12p. Small food closet and some rent/utility assistance. Call for info.

Please send any changes/updates/additions to amiarthur@yahoo.com.